



September 23-29, 2013  
Cycle 2

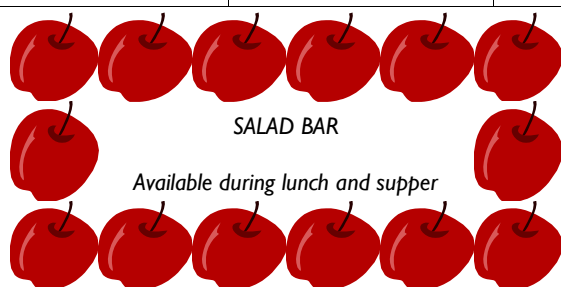
Food portions at breakfast and lunch will be served as required by the  
Healthy Hunger-Free Kids Act of 2010.  
For more information, please visit the FNS website:  
<http://www.fns.usda.gov/cnd/governance/legislation/nutritionstandards.htm>



Graphic contributed by Fidel Gomez

**\*\*Please note: Items are subject to change based on availability without prior notice\*\***

Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
Cocoa puffs or WW toast Mixed fruit or Orange juice Milk Hard cooked egg	Oatmeal or Frosted mini wheats Banana or Apple juice Milk Danimal strawberry yogurt	Egg-cheese-bacon muffin or WW toast Peaches or Crasberry juice Milk	Cream of wheat or WW bagel (honey/cream cheese) Pears or Orange-tangerine juice Milk Danimal strawberry yogurt	WG biscuit or WW toast Mandarin orange sections or Grape juice Milk (country sausage gravy)		
Chicken nuggets or Veggieburger patty on WW bun Sweet potato fries Apricots Milk	WG Cheese pizza or WG Pepperoni pizza Mandarin orange spinach salad Seasonal fruit Milk	Nacho bar (tortilla chips/taco meat/cheese sauce/ jalapenos/olives/guacamole/sour cream/ lettuce/salsa) Seasoned pinto beans Mixed fruit Milk	Spaghetti with chicken alfredo Green beans Seasonal fruit Milk	Cheese enchilada Calabasitas Pineapple Milk		
Breaded beef patty Mashed potatoes Peas and carrots Milk (country gravy)	Popcorn chicken Cheese macaroni Green beans Mixed fruit Milk	Chef Gavin's salad (tossed salad/romaine lettuce/ham/egg/ shredded cheese/tomato slices/cucumber slices/shredded carrots/ranch dressing) Breadstick Strawberry gusher Milk	Fish patty on W/W bun or Seasoned twister fries Mixed vegetables Brownie Milk (lettuce/tomato slices/tartar sauce)	Have a fun and safe break week!!		<i>October 6, 2013</i> Bean and cheese burrito Mexicali corn Peaches Milk (lettuce/salsa)



- ◇ 1% and fat-free milk offered at every meal
- ◇ fat-free chocolate milk will be offered at lunch and supper every Tuesday and Thursday
- ◇ fat-free strawberry milk may be offered occasionally

**Criteria for a meal to be reimbursable:**

- ⇒ **Must have 3 components at breakfast**
- ⇒ **Must take the fruit or vegetable component (or combination of fruit and vegetable) and 2 other components from 5 different components (food groupings) at lunch**

Breakfast: 6:45-7:45am Monday-Friday	
Lunch: 11:30am-1:10pm Monday-Thursday	Supper: 4:30-6:00pm Monday-Thursday
11:30am-1:00pm Friday	4:30-5:30pm Friday
Saturday & Sunday Lunch: 12:15-1:15pm	Saturday & Sunday Supper: 4:45-5:45pm

**If you have questions about this menu, please call the Food Service Department at 520.770.3696 or send an email to [jeanne.foster@asdb.az.gov](mailto:jeanne.foster@asdb.az.gov)**

The US Department of Agriculture prohibits discrimination in the operation of the Child Nutrition Programs on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call toll free 866.632.9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800.877.8339 or 800.845.6136 (Spanish).